

The bottom line, right here at the top.

I coach people in academia, from undergraduate students to full professors. I'm uniquely qualified to do this because I have been there myself, and I'm exceptionally good at it because I ask the right questions at the right time.

Tell me more.

As we emerged from the crises of the Corona pandemic, a voice grew louder and louder inside of me: I want to change my life. I had ideas about how to do that. I asked a trusted student-turned-research-assistant-turned-coauthor-turned-friend what she thought I should do next. Her advice: I should be me, just louder.

Coaching and helping people in academia is one of the ways that I am being me, but louder than ever before.

I worked in the world of academia for more than 20 years. I studied and worked at universities large and small in the United States, Sweden, and Austria. I experienced so many of the joys and pleasures that university life has to offer – and I went through the darker, harder parts of the job, too. Sadly for me, I went through many of them without adequate support – something that this very demanding field simply requires. For those of us without academic parents, ties to the biggest names in the field, and financial security, coaching is a way to get the help needed to thrive in the academy.

My coaching goals

- Support in challenging phases: Whether you're working on your thesis or living life as a full professor – it is exactly in hard times that we can best develop into more of the scholars we can be. I help give you the tools and framework to get through the hard times and be better than you were before them. Students struggling with writing papers and their thesis are as welcome as experienced academics working on publications, career development, and productivity while juggling teaching and service responsibilities – and, of course, finding and maintaining work/life balance!
- Find your voice and identity: Who are you as a scholar? What values do you bring into your work? These are questions we address while navigating concrete situations in your work life, supporting you to present yourself clearly and authentically in the hyper-competitive world of academia.
- Improvement in the dimensions important to you: Academic life requires attention and skills in many different areas. In our coaching, we will delve into the details of the issues you are currently facing.

Working with me

It is so important to work with someone who understands all of the details of the processes and expectations put on people in the academy. I've been there.

Schedule a free first consultation to see if we're a good match to work with each other. I look forward to meeting you!

Get in Touch!

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